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NATURAL HEALTH AND MIGHT WITH PREKESE GHANAMEDIA- HEALTH BENEFITS OF SUGAR CANE


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One of the reason why Komenda in the Central region of Ghana is very popular apart from the location of the Komenda College of Education

is sugar cane. Komenda Sugar Factory now defunct was so popular that in the Central region, before imported sugar was the sugar of choice, that of Komenda Sugar Factory was everybody favorite.

At Mankessim, there was also a mini Sugar Factory owned by Mr. Allan and his caucasian partner, and their business was called ALLAN FARM. they produced high qualities of Sugar Cane juice and occasionally made sugar for local consumption. Juice from Sugar cane was used to make sugar, molasses and Akpeteshie version locally known as "Mola".

That drink, "MOLA APIO" is very cheap BUT strong. I remember during our sixth form times, when one of our seniors smuggled a gallon of "mola" into our dormitory and all the juniors including me were forced to drink that alcohol; and guess what! we were about 20 young students, we all got drunk and could not attend the Sunday afternoon church service. You want to know what happened to the seniors who did that to us.....? We will discuss that in our next article: Right now the focus is on Raw Sugar cane and its Juice: This article is an attempt to educate our readers research findings about the health values of sugar cane and its juice which is found in abundance and is reasonably prized. Enjoy a good READ:

Sugarcane is a form of grass that belongs to Poaceae family. It is native to the regions of the Old World, ranging from warm temperate ones to tropical ones. Sugarcane has a stout, jointed and fibrous stalk, which can measure 2 to 6 meters in height. They are rich in sugar and today, are being grown in over 200 countries of the world. In 2005, Brazil was the largest producer of sugarcane in the world, followed by India. Apart from being the source of sugar, sugarcane is also consumed in the raw form, especially in India. The juice from sugarcane is also very healthy and is loaded with a range of essential nutrients. Cane juice is a natural high-energy drink, which makes it a healthy alternative to refined sugar added drinks. The health and nutrition benefits that result from consuming sugarcane, in the raw form as well as in the form of juice, have been listed below.

Health & Nutrition Benefits of Eating Sugarcane

Sugarcane, being low on glycemic index, helps keep the body fit and healthy.

Sugarcane juice has been found to be very beneficial for preventing as well as treating sore throat, cold and flu. Since sugarcane has no simple sugar, it can be enjoyed by diabetics without any fear. However, the intake should still be limited for people suffering from type-2 diabetes.

Being alkaline in nature, sugarcane juice helps the body in fighting against cancer, especially prostate and breast cancer.

Sugarcane provides glucose to the body, which is stored as glycogen and burned by the muscles, whenever they require energy. Therefore, it is considered to be one of the best sources of energy.

If you have been exposed to heat and physical activity for too long, drink sugarcane juice. It will help hydrate the body quickly.

Sugarcane is believed to strengthen stomach, kidneys, heart, eyes, brain, and sex organs.

Sugarcane juice is an excellent substitute for aerated drinks and cola.

Sugarcane clears the urinary flow and also helps the kidney to perform its functions smoothly.

Sugarcane juice has been found to be good for those who are suffering from febrile disorders. Febrile disorders are responsible for causing fevers, which can result in a great amount of protein loss from the body. Liberal consumption of sugar cane juice provides the necessary protein and other food elements to the body.

Sugarcane is beneficial for micturition, caused due to high acidity, along with gonorrhoea, enlarged prostate, cystitis and nephritis. Mixing sugarcane juice with lime juice, ginger juice and coconut water will give better results.

Sugarcane juice is said to speed up the recovery process after jaundice.

As sugarcane consists of carbohydrates, in good quantities, it serves to refresh and energize the body. It supplies instant energy to working muscles and for this reason, it is also known to maximize performance in sports and endurance. Over to you Ghanaian Footballers, somebody better send Asamoah Gyan, Adiyah, Abayie, Dede Ayew, Inkoom and all the Black Star players some exports of sugar cane.

Is it any surprise with this information to know that this might account for the high athletic performances by Jamaican athletes. Sugar cane is enjoyed by many Jamaicans as a natural substitute to all the "poisoned" juices on the market.

Sugarcane is also good for digestion, as it can effectively work as a mild laxative because of its high potassium content.

What about chewing Sugar cane after a meal of fufu or Accra Kenkey with grilled tilapia plus shito ? Natural Living, readers is our answer to all the health issues we are currently experiencing: Share this and educate your friends and family about this:

Can you imagine the economic opportunity and benefit that large scale sugar cane production would bring to the nation should our government embark on such projects: There is Gold in Nature, let's go for it:

PREKESE GHANAMEDIA

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